



## Classes and Activities – Information Sheet

### Tai Chi Chuan - Beginners – SPR2020

<b>Category:</b>	Adult (18+ years)
<b>Day:</b>	Mondays
<b>Dates:</b>	24 Feb – 30 Mar
<b>Time:</b>	2.15pm – 3.15pm
<b>Location:</b>	Norden Farm Centre for the Arts
<b>Tutor:</b>	Patricia Miller
<b>Class Size:</b>	Up to 20
<b>Cost of class:</b>	£42 per 6 week course

#### **Information about the class:**

Yang Style Tai Chi Chuan and Qi-gong. You will learn the Yang Style Short Form that consists of twenty-four movements and Qi-gong. Both Tai Chi and Qi-gong can: improve your sense of well-being, relax your body and mind, reduce stress, improve your balance, boost your immune system, and strengthen your muscles and bones.

#### **Aims and objectives:**

You will enhance your sense of well-being as your body and mind relaxes and your balance and posture improves.

#### **Are there any other costs? Is there anything I need to bring?**

There are no additional costs involved. Please wear loose comfortable clothing and flat soft shoes. No boots please.

#### **Tutor biography:**

Patricia Miller began practicing Tai Chi Chuan over twenty years ago and although she has tried other styles, Yang Style is what she is comfortable with. She is a member of the Tai Chi Union of Great Britain and British Council for Chinese Martial Arts which is a Sports Council recognised governing body. Over the years, she has learnt Yang Style Long Form, consisting of one hundred and eight moves, Yang Short Form with twenty-four moves, the single fan, the eight immortal flute bang stick, wudang stick, broadsword and pushing hands. She has studied various styles of Qi-gong including eight brocades, dragon and tiger, shibashi and Qi-gong for health. Patricia has also been lucky enough to travel to China where she practiced the short form, broadsword and Qi-gong. The age group she has taught varies from six-year olds to ninety-year olds. That is the beauty of Tai Chi, every-one can take part and benefit.

**To book please contact: Box Office 01628 788997 / [www.nordenfarm.org](http://www.nordenfarm.org)**

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